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# TRIDENT

THE NEWSPAPER OF MARITIME FORCES ATLANTIC SINCE 1966 • LE JOURNAL DES FORCES MARITIMES DE L'ATLANTIQUE DEPUIS 1966

## Into the icy depths

*Two Canadian Armed Forces divers prepare to enter the arctic water during Operation NUNALIVUT in Tuktoyaktuk, NT on March 23, 2019.*

MCPL GABRIELLE DESROCHERS, CANADIAN FORCES COMBAT CAMERA



**IDERD 2019 at CFB Halifax Pg. 3**



**HMCS Goose Bay Change of Command Pg. 7**



**Ice dive on Op NANOOK-NUNALIVUT Pg. 14**



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# OBANGAME EXPRESS 19: The RCN contributes to African maritime security

By Lt(N) Jeff Lura,  
PAO, Operation PROJECTION  
West Africa

On the morning of March 16, 2019, a fisheries officer from Cote d'Ivoire (the Ivory Coast) boarded HMCS *Kingston*, at sea in the Gulf of Guinea. Escorted by sailors of the Marine Nationale du Cote d'Ivoire, he wore a no-nonsense expression as he approached a table littered with documents. "You're the Captain?" he asked the sailor seated at the table.

"I am," the sailor replied. "We are simple fishermen."

"May I see your license to fish here, then?" the officer inquired, eyeing the sailor suspiciously.

"We cannot find it," answered the sailor. "I'm sure it's around here somewhere, though."

Following a detailed cargo inspection, the voice of an Ivorian patrol boat commander blared over Kingston's bridge radio: "You are suspected of violating numerous laws...your ship will follow ours into the port of Abidjan for additional verifications."

Of course, HMCS *Kingston* is not a fishing vessel, and the ship's crew had done nothing wrong. This was simply one of the many scenarios that made up OBANGAME EXPRESS 19.

Organized by the United States Africa Command, OBANGAME EXPRESS is Africa's largest maritime security engagement. It brings together personnel from more than 20 countries, with the goal of increasing cooperation and improving security in the Gulf of Guinea region.

At home, Canada's Navy plays a key role in monitoring maritime approaches and ensuring the security of Canadian waters; as a result, deployed personnel arrived in Africa with a wealth of knowledge to share. At sea, HMC Ships *Kingston* and *Shawinigan* participated in simulated law-enforcement scenarios, boardings, tracking exercises, and searches. Members of the Naval Tactical Operations Group (NTOG) worked alongside their African colleagues, providing valuable maritime interdiction guidance. In shore-based Maritime Operations Centres, a team of Canadian officers mentored regional authorities in coordinating and monitoring activity in local waters. Throughout OBANGAME EXPRESS 19, the Royal Canadian Navy's ensign - whether displayed on a uniform or flying from a ship's mast - was always nearby.

"Working with our partners here in West Africa is a totally new experience for me," said LCdr Jeremy Samson, Commanding Officer of HMCS *Kingston*.

"We have a lot of knowledge and experience to share with local forces, but we're also learning quite a bit."



*Cdr Mathieu Leroux, deployed as a mentor, accompanies a boarding team from the Guinean Navy during OBANGAME EXPRESS 19 in West Africa on March 20, 2019.*

CPL DAVID VELDMAN, FIS



*A fisheries inspection team from Sierra Leone boards HMCS Kingston during OBANGAME EXPRESS 19 on March 19, 2019.*

CPL DAVID VELDMAN, FIS



*A member of the Naval Tactical Operations Group mentors members of the Marine Nationale du Côte d'Ivoire during a boarding exercise in HMCS Kingston on March 16, 2019.*

CPL DAVID VELDMAN, FIS

A regular participant, this was the third OBANGAME EXPRESS for MS Bassam Mothana, *Kingston's* Weapons Engineering Technician. According to him, there has been an obvious evolution since 2017.

"During the first OBANGAME, exercises took a bit longer," he explained.

"Now, everyone hits the deck running due to skills gained and improved through training. It's really rewarding to see that our efforts are making a difference."

Obangame means togetherness in the African Fang language, and sums up the engagement perfectly. Every scenario and activity that took place during OBANGAME EXPRESS 19 featured partners from different nations working together toward a common goal. At the center of many of these scenarios were RCN sailors, proudly doing their part to contribute to a safer Gulf of Guinea.



*Members of the Naval Tactical Operations Group discuss boarding tactics with a Ghana Navy Special Boat Team onboard HMCS Shawinigan at Sekondi Naval Base, Ghana on March 12, 2019*

CPL KAREN NEATE



# Immigrant and refugee issues highlighted as part of IDERD 2019

By Ryan Melanson,  
Trident Staff

Many of the difficulties faced by newcomers to Canada can be significantly lessened if they have access to proper support as they transition to their new lives, a group from Formation Halifax heard during a presentation at Windsor Park on March 21.

To mark the International Day for the Elimination of Racial Discrimination (IDERD), the MARLANT Defence Visible Minority Advisory Group (DVMAG) invited Abdul Alsaidan, the Employment/Education Coordinator with the YMCA Centre for Immigrant Services, to speak to the defence community about work the organization does with new immigrants or refugees in Nova Scotia and the challenges associated.

The Centre for Immigrant Services helps newcomers settle into Canada in a number of different ways, and Alsaidan's job focuses on supporting individuals as they pursue careers or education opportunities.

This includes everything from breaking the ice with potential employers and navigating through cultural differences, to the more technical work of gathering proof of training, credentials and education from other countries, or finding work-arounds when those kinds of records aren't available.

"We formulate a strategy for working with each newcomer based on their personality, interests and career goals. We provide focus and goals and we use proven strategies to help them get over some of the obstacles they face," he said.

A number of his clients have found work in call centres, restaurants, and the service and hospitality industry, while some of those with trade skills and other expertise from previous careers have been able to find work related to their background. The organization provides support all the way to the job interview process and first days on a new job to ensure the largest chance of success.

In response to a question from the audience, Alsaidan said many of his younger clients have expressed interest or hope in one day beginning



*Abdul Alsaidan, the Employment/Education Coordinator with the YMCA Centre for Immigrant Services, spoke to members of Formation Halifax as part of events marking the International Day for the Elimination of Racial Discrimination on March 21.*

AVR BRADEN TRUDEAU, FIS

a career with the Canadian Armed Forces, but that obstacles currently exist. Only Canadian citizens can apply to join the CAF, and though policy changes now allow applications to be accepted once individuals have an expected date to receive citizenship, this is still out of reach for most of his clients.

"Currently, we have many people who can't apply, but I do see a promising opportunity there," he said.

"We have a lot of youth in high school who are graduating and looking for careers, and also young adults who already have diplomas. I see the Forces as an excellent career path for many of them, if it were to become a possibility," he added, with senior officers in the crowd agreeing that young immigrants have potential as a future recruitment target.

While a number of the YMCA's clients, specifically refugees from Syria, come from regions where uniformed personnel are often viewed negatively,

or as tools of government oppression, Alsaidan said those views have not carried over, in his experience.

"I have not met any newcomers to Canada who view the Canadian law enforcement or military or intelligence agencies through that same negative perspective. People feel safe here and I believe they see those careers as serving the communities they now call home."

The MARLANT IDERD event was hosted by DVMAG, with civilian co-chair Rene Gannon and Base Commander Capt (N) David Mazur, the DVMAG Champion, attending, along with RAdm Craig Baines, Commander MARLANT and JTFA.

RAdm Baines thanked Alsaidan for the important work he's doing with the YMCA, and for sharing that work and some of the issues faced by newcomers with the audience. He expressed frustration that problems with racial discrimination are still being dealt with in the year 2019, and

encouraged all in attendance to pass on some of what they learned to their colleagues and families.

"It seems unfathomable, but these issues are still with us. We need to make sure we're always part of the solution, and that we're always educating our people," he said.

"We should never be bystanders; if you see things happening in your workplace that aren't appropriate, whether it's the way people are treated or spoken to, or inappropriate jokes, or anything else, I would applaud and support anyone to stand up and make it known that we don't do things that way."

DVMAG and MARLANT's other Employment Equity groups are open to all members of the defence community and newcomers are always welcome at meetings and special events. For more information and a list of contacts visit [http://halifax.mil.ca/HRPP/pages/fhr\\_ee.html](http://halifax.mil.ca/HRPP/pages/fhr_ee.html) on the MARLANT Intranet.

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Schedule  
for 2019

January 14 — MFRC & Money Matters  
January 28  
February 11 — MFRC  
February 25  
March 11 — MFRC  
March 25 — Posting Season  
April 8 — MFRC & Spring Automotive  
April 22 — Battle of the Atlantic  
May 6 — MFRC & Spring Home and Garden  
May 21  
June 3 — MFRC & Family Days  
June 17  
July 2 — MFRC  
July 15  
July 29 — MFRC  
August 12 — Back to School  
August 26 — MFRC  
September 9  
September 23 — MFRC & DEFSEC  
October 7 — Fall Home Improvement  
October 21 — MFRC  
November 4 — Remembrance Day  
November 18 — MFRC & Holiday Shopping  
December 2  
December 16 — MFRC & Year End Review

Editor: **Virginia Beaton**

editor@tridentnews.ca  
(902) 427-4235

Journalist: **Ryan Melanson**

reporter@tridentnews.ca  
(902) 427-4231

Editorial Advisor: **Margaret Conway**

margaret.conway@forces.gc.ca  
902-721-0560

**www.tridentnewspaper.com**

Advertising Sales

**Dave MacNeil**  
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davemacneil@advocatemediainc.com

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# Community Calendar

Reunion and event notices must be submitted by email.

editor@tridentnews.ca include the sender's name and phone number.

A notice will not be published if the event is to happen more than one year from publication date. Submissions may be edited.

Shearwater Aviation Museum  
21st Annual Spring Hobby Show

Time: 10 a.m. - 4 p.m.

Date: Saturday April 13 and  
Sunday, April 14

Location: Sea King Club, 12 Wing  
Shearwater

The show is a multi-discipline event featuring model aircraft, armour, ship, figure, science fiction, automotive subjects, and model railway layouts; dolls and dollhouse miniatures; Radio Control Ship and Aircraft Models; a Lego display; Historical Gaming; a one-day Model Contest; a radio-controlled car demonstration, a Trade Fair, and much, much more. The show will be set up in the Sea King Club at 242 Warrior Avenue in Shearwater.

Those wishing to participate in the show may do so either by booking free display tables to showcase their hobby, or by renting trade fair tables at a cost of \$25 each to buy, sell or trade personal items. Display and trade fair tables must be booked in advance. To reserve tables contact the Shearwater Aviation Museum at office@shearwateraviationmuseum.ns.ca or 902-720-1083. There will be a model contest held on Saturday. It will feature a full range of military, ship, aircraft, science fiction, and automotive categories. Entry in the model contest is open to all, subject to payment of the appropriate entry fee. The contest room will be open for general viewing on Saturday. General admission will be \$5 per person or \$12 per family of four. All profits from the show, including from General Admission, Trade Fair Table rentals and Model Contest entry fees, will be donated to the Shearwater Aviation Museum.

As this venue is on the base at 12 Wing Shearwater, government issued ID will be required at the main gate in Shearwater.

CFB Halifax Walk

Time: 10:30 a.m.

Date: Wednesday, April 24

Location: CFB Halifax Stadacona

The CFB Halifax Walks are now taking place on the last Wednesday of every month. Both military and civilian members are welcome to participate. The group will convene in front of S-90 at Stadacona for a PSP led warmup. The walk will take approximately 30 minutes and will cover 2.5 - 3 kilometres, heading towards Fort Needham and back. For more information, please contact Lucas Hardie at 902-427-6335.

Battle of the Atlantic concert

Time: 2 p.m.

Date: Sunday, April 28

Location: Halifax Central  
Library

The Stadacona Band of the Royal Canadian Navy will present its annual Battle of the Atlantic concert at the Halifax Central Library on Sunday, April 28. Admission is free and all are welcome.

Remembering Canada's Heroes

Time: 7 p.m.

Date: Tuesday, April 30

Location: Maritime Museum of  
the Atlantic

As we approach the commemoration of the Battle of the Atlantic, the Maritime Museum of the Atlantic is pleased to welcome Bill Green of Remembering Canada's Heroes, a registered charity bringing interesting Canadian historical events to the attention of high school students in Atlantic Canada. Green's presentation takes Second World War, Korean War, Cold War and Peacekeeping Veterans into High School History classrooms to deliver one hour presentations describing several important Canadian achievements since September 1939.

Join Green for this free talk that explores a number of themes centering around the roles played by the sailors and ships of the Royal Canadian Navy and our Merchant Navy during the Second World War.

HMCS Athabaskan G07  
Memorial Service

Time: 1 p.m.

Date: Sunday, April 28

Location: HMCS Haida,  
Hamilton, Ontario

HMCS Haida, the ceremonial flagship of the Royal Canadian Navy, will host a Memorial Service marking 75 years since the sinking of the first HMCS Athabaskan on April 29, 1944. Organized by Parks Canada, the afternoon will consist of a ceremony alongside Haida, a wreath laying aboard the ship, and a reception afterward at HMCS Star. The event is open to the public but the reception is by invitation only. Organizers would be pleased to welcome any former crew of any of the three ships named HMCS Athabaskan, and ask anyone interested in attending to contact the Friends of HMCS Haida organization at info@hmcshaida.com

RCSCC Bras D'Or 40th  
Anniversary

Date: May 24-26

The 40th Anniversary of 268 Royal Canadian Sea Cadets Corps Bras D'Or will take place on the weekend of May 24 to 26, 2019 in Quispamsis and Rothesay, New Brunswick. The events will include a Meet and Greet on Friday, May 24 at Branch 58 Legion, the Annual Cadet Review and Dinner on Saturday May 25, and a barbecue at Meenan's Cove Beach on Sunday, May 26. For more information please email eisanb@nb.sympatico.ca or call Brian at 506-849-4146.

## Spring forward!

By Padre Major  
Derrick Marshall,  
CD, Senior Fleet Chaplain

My wife has a fridge magnet: "Housework is evil and must be stopped!"

Spring cleaning may not be popular with everyone but it is a part of the Spring ritual for many of us in this season of new beginnings.

After the snow melts and the familiar buildup of mud and dirt becomes apparent, most Canadians turn their thoughts to changing bedding, washing curtains and windows, exchanging winter for all season tires,

planning gardens, and cleaning the driveway and the family vehicle of salt and sand build-up over the winter.

These familiar routines help us spring forward.

Not only in terms of the time-change, but in how we transition our lives from one season to the next.

The Church year has seasons as well. These are based upon the life, death and resurrection of Jesus Christ.

In the Church calendar we are currently in the Season of Lent.

This six-week period encourages Christians to make personal improvements in themselves, as well as in



### Padre's Corner

their relationships—with friends, family, and with God.

Lent offers us an opportunity for intentional spring cleanup in our spiritual life.

This helps us prepare for Easter when we celebrate Christ's resurrection from death, with an emphasis on our own participation—by faith—in personal transformation.

Continued on page 5



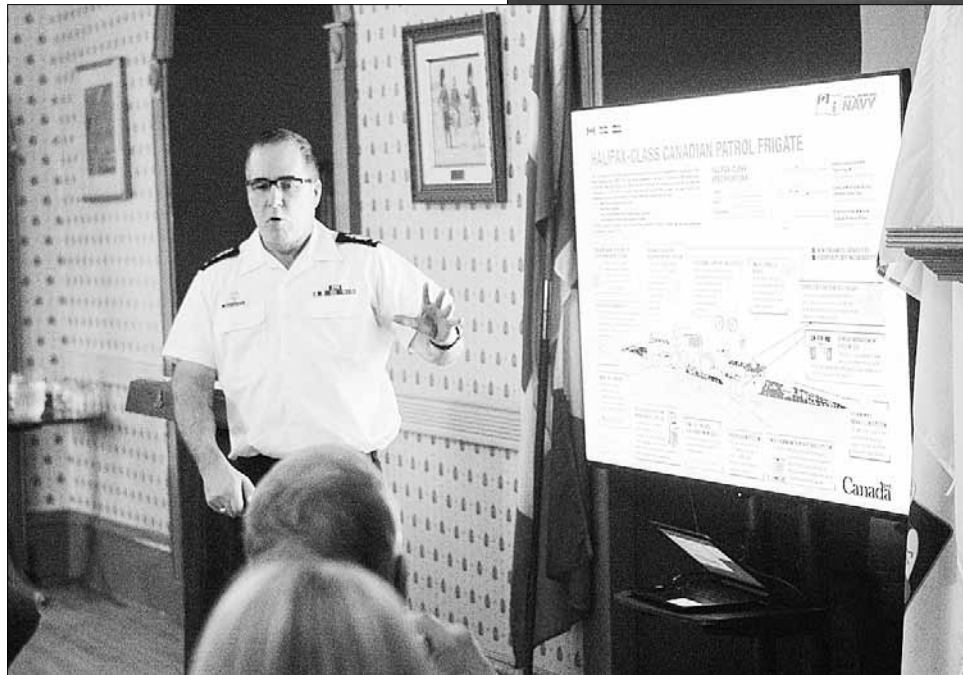
# Role of UAVs highlighted during RCN capabilities update

By Ryan Melanson,  
Trident Staff

As the Royal Canadian Navy modernizes and prepares for the transition to a new fleet over the next decade, new technologies will mean changes to the way operations are carried out at sea. One of the most notable will be the increasingly important role of remote-controlled flight, using tools commonly known as Unmanned Aerial Vehicles (UAV) or Unmanned Aircraft Systems (UAS).

These smaller platforms can launch from a ship at sea, conducting surveillance and recording valuable data from the sky, without the need for a full air crew. This makes for a useful tool and a good compliment to the Navy's current CH-148 Cyclone capability, said CPO1 Craig MacFadgen of New Capabilities Introduction Detachment (NCI Det) Halifax. CPO1 MacFadgen gave a presentation to stakeholders from the Royal United Services Institute of Nova Scotia on March 20, focusing on the introduction of new capabilities and platforms to the RCN, as well as previewing some of the changes to be expected in the coming years.

When it comes to UAVs on ships, work is currently being done with the AeroVironment PUMA Miniature UAS on Kingston-class ships, with new detachments on each coast recently completing initial training. The PUMA is a lightweight platform that can travel about 2.5 kilometres away from the ship, but the Navy also plans to make use of the SAAB



Skeldar, a larger UAS with real-time reconnaissance capability and a range of up to 100km.

"It's a very capable system and it could be a great fit for our Arctic Offshore Patrol Vessels, because they don't require a full air crew to operate," CPO1 MacFadgen said.

"We're trying to build some expertise with the PUMA, and get the operator familiarity piece in place, as a stepping stone before we move to the more advanced system we have with the SKELDAR. Eventually we hope to have 56 operators trained on this remote platform," he added. CPO1 MacFadgen also discussed some of the challenges with unmanned tech-



*The Navy also plans to make use of the SAAB Skeldar, a larger UAS with real-time reconnaissance capability and a range of up to 100km.*

SUBMITTED

*CPO1 Craig MacFadgen of NCI Det Halifax gave a presentation to members of RUSI(NS) and other guests on March 20, focusing on new and future RCN equipment and capabilities.*

RYAN MELANSON, TRIDENT STAFF

nology, like launching and recovering the vehicles in heavy sea states, with industry representatives who were on hand for the presentation.

He also highlighted some of the recent additions to the *Halifax*-class platform following the end of the HCM-FELEX program, including the new Combat Management System, new programmable 3P ammunition for the 57mm gun, and the recently-announced addition of a stabilized antenna set for the Sea Giraffe 180 radar. Installations have also begun on the new Naval Remote Weapons Station, which will replace the current .50 calibre gun on the bridge wings, to be controlled remotely from the Machin-

ery Control Room.

"It's fully stabilized, unlike having someone holding the .50 cal, and it's just leaps and bounds above the current platform in terms of technology," CPO1 MacFadgen said.

The presentation from NCI Det also included an overview of the newly-introduced Cyclone and MV Asterix platforms, as well as brief updates on major shipbuilding projects like the Arctic and Offshore Patrol Vessels, Joint Support Ships and Canadian Surface Combatants.

"The Navy of even just a few years ago is very different from the Navy today, and things will keep progressing," CPO1 MacFadgen said.

## Spring forward!

*Continued from page 4*

By meditating on Christ's journey towards Jerusalem and the Cross, we reflect upon our own spiritual journey from death to resurrection.

There are many activities that assist us in conducting a spiritual spring cleaning. These include:

Reviewing the old season, in which we reflect upon aspects of one's personality and character that can be improved, and repentance through which we change our unwholesome attitudes and behaviours.

Planning for a new season, through prayer in which we ask God for the strength to improve, as well as avoid old vices impeding our fresh start.

Cleaning up, in the form of almsgiv-

ing, more commonly known in today's language as charitable giving. Almsgiving shifts our personal focus from selfishness to selflessness.

Fasting is another traditional way of cleaning up during Lent. We abstain from overindulging in food, drink, or activities that claim too much power over us. Fasting goes hand-in-hand with penance, through which we express sorrow for past wrongs and seek healing for old wounds. This is followed by restitution, in which we do extra to help others in need.

Take the opportunity that Lent offers to plan the work and work the plan towards greater spiritual development and personal growth.

Don't be afraid to reach out to those specifically trained to help you in

your intentional goals, whether they be spiritual, relational or professional in nature.

Halifax Formation and Fleet Chaplains, as well as Faith Centres in Halifax and Shearwater, are here to

help sailors and their families desiring a fresh start.

We provide the resources, social support and counsel necessary to making the desired changes. Spring forward!

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- Gospel according to John





# LGBT Purge class action settlement: Who is eligible for compensation?

Current or former Federal Public Servants, Canadian Armed Forces (CAF) and Royal Canadian Mounted Police (RCMP) members who were affected by unfair federal policies due to their sexual orientation, gender identity or gender expression during the period now known as the LGBT Purge (between the mid-50s to the mid-90s) may be eligible to submit a claim for financial compensation and individual reconciliation measures. Claims can be submitted to Deloitte, the court appointed administrator, until April 25, 2019.

In June 2018, the Federal Court approved the Final Settlement Agreement (FSA) in a class action lawsuit launched against the Government of Canada on behalf of CAF and RCMP members and Federal public servants who were discriminated against, harassed, investigated, sanctioned, released, or forced to terminate their employment due to their sexual orientation or gender identity during the LGBT Purge.

The settlement includes all current or former members of the CAF, current or former members of the RCMP, and current or former Federal public

service employees, who were alive as of October 31, 2016 and who were affected by one or more of these unfair measures, between December 1, 1955 and June 20, 1996. Family members of a deceased individual who was directly affected by actions stated above may be eligible to receive individual recognition measures, however are not eligible for financial compensation.

The Final Settlement Agreement includes financial compensation at four levels between \$5,000 and \$100,000 and individual reconciliation measures that include the Canada Pride Citation, Personal Letter of Apology, Records Access and File Notation. Class Members who experienced exceptional harm, such as PTSD, or who were sexually assaulted may be eligible for additional amounts. The claims period started on October 25, 2018 and individuals have until April 25, 2019 to submit a claim to Deloitte to request compensation and/or individual reconciliation and recognition measures.

For information on eligibility and how to submit a claim, please visit Deloitte's website ([www.lgbtpurgesettlement.com](http://www.lgbtpurgesettlement.com)) or call 1-833-346-6178.

# Qui est admissible à une indemnisation?

Les membres actuels ou anciens du gouvernement fédéral, des Forces armées canadiennes (FAC) et de la Gendarmerie royale du Canada (GRC), qui auraient été affectés par des politiques fédérales inéquitables, en raison de leur orientation sexuelle, de leur identité de genre ou de leur expression de genre, lors de la purge LGBT (entre le milieu des années cinquante jusqu'au milieu des années 90), peuvent être éligibles pour soumettre une demande de compensation financière et de mesures de réconciliation individuelles. Les réclamations peuvent être soumises à Deloitte, l'administrateur nommé par la Cour, jusqu'au 25 avril 2019.

En juin 2018, la Cour fédérale a approuvé l'Entente de règlement définitive (ERD) dans le cadre d'un recours collectif intenté contre le gouvernement du Canada au nom des FAC, de membres de la GRC et de fonctionnaires fédéraux, discriminés, harcelés, ayant fait l'objet d'enquêtes ou de sanctions, libérés, ou contraints de mettre fin à leur emploi en raison de leur orientation sexuelle ou de leur identité de genre pendant la période de la purge LGBT.

Le règlement vise tous les membres actuels ou anciens des FAC, les membres actuels ou anciens de la GRC et les employés actuels ou anciens de la fonction publique fédérale qui étaient en vie au 31

octobre 2016 et qui ont fait face à une ou plusieurs de ces mesures inéquitables, entre le 1er décembre 1955 et le 20 juin 1996. Les membres de la famille d'une personne décédée qui a été directement touchée par une ou plus des actions précitées peuvent être éligibles à des mesures de reconnaissance individuelles, mais ne seront pas admissibles à une compensation financière.

L'Entente de règlement définitive prévoit des compensations financières à quatre niveaux, allant de 5 000 à 100 000 \$, et des mesures de réconciliation individuelles comprenant la citation Fierté Canada, une lettre d'excuses personnelle, l'accès aux dossiers et l'ajout d'une note au dossier de service. Les membres qui ont subi un préjudice exceptionnel, tel que le Syndrome de stress post-traumatique (SSPT), ou qui ont été agressés sexuellement peuvent être admissibles à des montants supplémentaires. La période désignée pour soumettre des demandes d'indemnisation et/ou de mesures individuelles de réconciliation et de commémoration à Deloitte a commencé le 25 octobre 2018 et continuera jusqu'au 25 avril 2019. Pour en savoir plus sur les conditions d'admissibilité et sur la façon de soumettre une demande, visitez le site web de Deloitte ([www.lgbtpurgesettlement.com](http://www.lgbtpurgesettlement.com)) ou appelez le numéro suivant : 1-833-346-6178.



# CTV host joins RCN personnel for a morning

Cyril Lunney, CTV Morning Live Atlantic, joins sailors aboard HMCS Ville de Québec to learn more about the Royal Canadian Navy and what it takes to become the newest recruit, during a taping of the morning show on March 19, 2019. From left: LS Theriault, SLt Jackson, MS Cleary, SLt Cormier and CTV Morning Live Atlantic host Cyril Lunney.

MONA GHIZ, MARLANT PA



# Outgoing HMCS *Goose Bay* CO pushed boundaries of MCDV platform

By Ryan Melanson,  
Trident Staff

In the 19 months since LCdr Emily Lambert took over as Commanding Officer of HMCS *Summerside*, she and her crew conducted 20 port visits in the United States, Europe and West Africa, crossed the Atlantic four times, and participated in a number of different operations and exercises with NATO and other allies.

"What a fantastic run it has been," LCdr Lambert said as she spoke to the ship's company at her outgoing Change of Command Ceremony on March 15. The crew recently transitioned to HMCS *Goose Bay*, but *Summerside* was the platform that took them to ports in West Africa on Operation PROJECTION, to Exercise BOLD ALLIGATOR off Jacksonville, Florida, and through the Norwegian Fjords during Exercise TRIDENT JUNCTURE, among other tasks.

The departing CO thanked her Coxn and two different XOs for the support during her command, and praised the entire crew of *Goose Bay*, formerly *Summerside*, for showing professionalism at all times, building interoperability with foreign counterparts, and being strong representatives of the RCN when hosting dignitaries and interacting with communities in foreign countries.

Thanks to the work of her crew in developing a strong reputation for the ship, LCdr Lambert said she was able to experience the highlight of her naval career this past November. It came following *Summerside*'s participation in Exercise TRIDENT JUNCTURE, when the ship joined Standing NATO Maritime Counter Measure Group 1 for a brief period.

"Because of our ability and professionalism at sea, we were proud to be given the role of Duty Commanding Officer ship for the few days we were there," she said.

"Our allies were really impressed with the ship's company and the crew did great work showing what Canada can bring to NATO."

LCdr Lambert also expressed pride in what *Summerside* achieved during



From left, incoming *Goose Bay* CO LCdr Daniel Rice, presiding officer Capt (N) Andrew Hingston, Deputy CCFL, and outgoing CO LCdr Emily Lambert sign the paperwork marking the change of command on March 15 at HMCS *Scotian*.

AVR RENZO RUIZ HASS, FIS

its deployment to Op PROJECTION 2018, operating in the Gulf of Guinea region alongside HMCS *Kingston*. The ships visited Senegal, Ghana, Liberia, Cote d'Ivoire and other West African nations, and along with supporting the training of partner navies and Coast Guards in the region, they conducted community engagement visits and participated in events marking International Women's Day.

"We were able to talk to a number of young women from different countries in Africa, and hopefully we helped inspire them to become leaders and make positive change in their own countries," she said.

While the Change of Command ceremony was an occasion to celebrate the ship's successes under LCdr Lambert, it also marked a welcome for new CO LCdr Daniel Rice, and the official transfer of the immense responsibility of commanding an RCN vessel.

LCdr Rice comes to *Goose Bay* with plenty of MCDV experience, having served as the XO of HMC ships *Summerside*, *Shawinigan*, and *Kingston*, as well as the Operations Officer aboard *Glance Bay*. He was most recently posted to Sea Training Atlantic as Executive Officer for Minor War Vessels.

"This is a journey that's taken a lot of years, a lot of encouragement,

mentorship and support, and I've been fortunate enough to be able to receive all that," he said, thanking the colleagues and former mentors who were in attendance, as well as his wife Michelle and son Maxwell. He also thanked LCdr Lambert for her ongoing support as a colleague and friend, and for ending her command with the large task of transitioning the crew to a new ship.

As *Goose Bay* gets set for a busy summer of sailing, LCdr Rice said he plans to continue to set the standard for the MCDV fleet.

"It's a fine looking ship and crew; I couldn't be happier to assume command."

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### Month of the Military Child By Sarah-Jean Mannette, H&R MFRC

April is the Month of the Military Child. It is a time to celebrate children of military families and to remind us that they too, serve our country. According to The Vanier Institute of the Family's 2018 update of their publication: A Snapshot of Military and Veteran Families in Canada (2016), in 2017, the military family population in Canada totaled more than 190,600 people, which included 78,000 children under the age of 18. Further, almost half of Regular Force members had children under the age of 18. It's this time of year that we like to share a poem, as it eloquently describes the strength and resilience of military children:

#### The Dandelion – The Official Flower of the Military Child By an unknown author

"The official flower of the military child is the dandelion. Why? The plant puts down roots almost anywhere, and it's almost impossible to destroy. It's an unpretentious plant, yet good looking. It's a survivor in a broad range of climates.

Military children bloom everywhere the winds carry them. They are hardy and upright. Their roots are strong, cultivated deeply in the culture of the military, planted swiftly and surely. They're ready to fly in the breezes that take them to new adventures, new lands, and new friends.

The military child is open to new cultures, tolerant, and extremely durable. He or she has learned from an early age that home is where the heart is, and that friends can come from the four corners of the world and in all colours. That education doesn't only come from school. He or she knows that the best way to survive is to be adaptable, and that every time an old chapter ends, a new chapter opens with the beginning of an exciting new adventure."

For more information on all of our programs and services, including those for children and youth, please visit: [www.halifaxmfr.ca](http://www.halifaxmfr.ca) or call: (902) 427-7788.

#### Mois de l'enfant militaire Par Sarah-Jean Mannette, CRFM H et R

Avril est le mois de l'enfant militaire. C'est le moment de célébrer les enfants des familles de militaires et de nous rappeler qu'ils servent aussi notre pays. Selon la publication de l'institut Vanier de la famille en 2018: Aperçu des familles de militaires et d'anciens combattants au Canada (2016), en 2017, la population des familles de militaires au Canada s'élevait à plus de 190 600 personnes, dont 78 000 enfants de moins de 18. En outre, près de la moitié des membres de la



H&R MFRC staff stand with the donations received from the Dignity.Period campaign on March 14, 2019.

SUBMITTED

Force régulière avaient des enfants de moins de 18 ans.

C'est à cette période de l'année que nous aimons partager un poème, qui décrit avec éloquence la force et la résilience des enfants des militaires:

#### Le pissenlit : La fleur officielle de l'enfant militaire Par un auteur inconnu

« Elle s'enracine presque partout, est presque impossible à détruire, est sans prétention, mais belle et survit à un large éventail de climats. Les enfants de militaires fleurissent partout où les vents les portent. Ils sont robustes et droits. Leurs racines sont fortes, cultivées dans la culture de l'armée, plantées rapidement et sûrement. Ils sont prêts à voler dans les brises qui les emportent pour de nouvelles aventures, de nouvelles terres et de nouveaux amis. L'enfant de militaire est culturellement ouvert, tolérant et extrêmement résistant. Il a appris dès son jeune âge que la maison est là où les coeurs sont. Qu'un ami peut se trouver dans les 4 coins du monde et dans toutes les couleurs. Que l'éducation ne vient pas seulement de l'école. Il apprend que pour survivre, le meilleur moyen est de s'adapter. Que chaque chapitre qui se ferme ouvre la porte sur de nouvelles aventures passionnantes. »

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pris ceux destinés aux enfants et aux jeunes, veuillez visiter le site Web : [www.halifaxmfr.ca](http://www.halifaxmfr.ca) ou appeler le (902) 427-7788.

#### National Volunteer Week is approaching

This year, National Volunteer Week is April 7 to April 13, and its theme is: The Volunteer Factor – Lifting Communities, to celebrate and recognize the impact of volunteers and how they lift our communities. Throughout National Volunteer Week we will highlight the impact of volunteers at the H&R MFRC. Check us out on Facebook: [www.facebook.com/HalifaxRegionMFRC](http://www.facebook.com/HalifaxRegionMFRC), Twitter: [www.twitter.com/hrmfrc](http://www.twitter.com/hrmfrc) and our website: [www.halifaxmfr.ca](http://www.halifaxmfr.ca) for photos and to learn how you can volunteer at the H&R MFRC. On behalf of the H&R MFRC, thank you to all of our amazing and dedicated volunteers for your continued support.

#### La Semaine de l'action bénévole se rapproche

Cette année, la Semaine de l'action bénévole se déroule du 7 au 13 avril, sous le thème Le facteur bénévole : pour élever les collectivités. Le facteur bénévole célèbre et reconnaît l'incidence exponentielle des bénévoles, ainsi que les différentes façons dont ils élèvent nos collectivités.

Tout au long de la Semaine de l'action bénévole nous mettrons en évidence l'impact des bénévoles au CRFM H et R. Vous pouvez visiter [www.facebook.com/HalifaxRegionMFRC](http://www.facebook.com/HalifaxRegionMFRC), Twitter : [www.twitter.com/hrmfrc](http://www.twitter.com/hrmfrc) et notre site Web : [www.halifaxmfr.ca](http://www.halifaxmfr.ca) pour des photos et pour apprendre à faire du bénévolat au CRFM H et R!

De la part du CRFM H et R, merci à tous nos bénévoles extraordinaires et dévoués pour votre appui continu.

#### Save the date: The H&R MFRC Annual General Meeting

Join us Wednesday, June 12, 2019 at the Shearwater site, H&R MFRC. Connect with the H&RMFRC and military community, hear about the cool things we've done this past year and elect next year's Board of Directors. There is no cost and all military members and their families are welcome! Stay tuned for more information.

#### L'assemblée annuelle du CRFM d'Halifax et régions

Joignez-vous à nous mercredi le 12 juin 2019 à la site de Shearwater, CRFM H et R. Apprenez à connaître le CRFM H et R ainsi que la communauté militaire, prenez connaissance des choses intéressantes que nous avons faites au cours de l'année dernière et votez pour le prochain conseil d'administration. Restez à l'écoute pour plus d'informations.





AB Samuel Gagnon (right), and OS Zachary Bacon (centre) conduct a live fire training exercise onboard HMCS Regina during Op PROJECTION Asia Pacific, March 23, 2019.

CPL STUART EVANS, BORDEN IMAGING SERVICES



The Hammerhead closes on HMCS Regina during the live fire training exercise EX BIG DAWG during Op PROJECTION Asia Pacific on March 23, 2019.

CPL STUART EVANS, BORDEN IMAGING SERVICES

# HMCS Regina's big day of awesome warfare gunnery – Op BIG DAWG

by Lt(N) Adam Ness,  
HMCS Regina

HMCS Regina is transiting in the Indian Ocean and preparing to support OP ARTEMIS, Canada's contribution to CTF 150 which is responsible for tracking, boarding, and stopping the trade of narcotics and other illegal cargo being smuggled around the African coast and Middle East.

On 23 Mar 19, Regina conducted a multi-element training event aimed at exercising the new CH-148 Cyclone helicopter (call sign BRONCO), the embedded Naval Tactical Operations Group (NTOG), and all levels of the ship's defensive capabilities in one combined day of awesome warfare gunnery, otherwise known as OP BIG DAWG. These types of training serials are common within the RCN to ensure proficiency and maintain the ship's combat readiness. This serial was unique, however, as it was the first time that all the deployed assets onboard Regina were used in one large layered defence exercise against a single threat: a remote controlled target called a Hammerhead, simulating a Fast Inshore Attack Craft (FIAC) threat.

The day was broken down into three separate phases, the first being



Maj Jason Michael Newton of HMCS Regina's air detachment conducts live fire training during BIG DAWG during Op PROJECTION Asia Pacific on March 23 2019.

CPL STUART EVANS, BORDEN IMAGING SERVICES

to train the bridge teams in warning operations and the use of force under the direction of NTOG. They were trained in distance appreciation, the use of the bridge warning organization, and the employment of .50 calibre Heavy Machine Gun warning shots against a FIAC threat.

The second phase was the use of the

new CH-148 Cyclone, BRONCO, and its C-6 machine gun to deter and conduct more warning shots against the FIAC threat.

The third and final phase was the biggest event of the day: the use of Regina's main armament, the 57mm gun, to engage and ultimately stop the inbound threat.

During the final run, the Hammerhead once again began to close the ship. The bridge issued warnings to the incoming FIAC, yet it continued to close—this is when the 57mm gun began to fire at the Hammerhead. As the target continued to close the ship, the 57mm engaged the Hammerhead again. If this were not a training serial, the FIAC would have surely been stopped by this point; it however continued to close the ship and Regina's layered defence continued. Once the FIAC reached 500 yards, the NTOG team and the Underway Force Protection Component (UFPC) prosecuted the threat from the upper decks with small arms along with the bridge .50 cal teams.

Finally disabled and bullet-ridden, the Hammerhead slowly sank, allowing members of NTOG, the ship's .50 cal teams and BRONCO to use the opportunity for some extra target practice. The serial finally ended as the Hammerhead peacefully slipped beneath the waves. Ultimately, the day was a resounding success and validated the skills of all personnel involved onboard the ship. This intricate training serial re-affirmed Regina's unofficial motto of Three Three Four, Ready for War, proving that the ship and her crew is ready for the upcoming mission and remaining months away from home on deployment.

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# Canadian Leaders at Sea on International Women's Day

By Samantha Steele,  
MARLANT PA Co-op Student

March 8 marked International Women's Day, and it was on this day that the Royal Canadian Navy (RCN)'s Canadian Leaders at Sea (CLaS) program hosted 20 distinguished and accomplished women aboard HMCS *St. John's* for an overnight sail.

For many, myself included, this trip was a once in a lifetime opportunity. Though many of us live in Halifax, it is a rare occurrence to visit HMC Dockyard, let alone go on board an active frigate in the Atlantic fleet. Though I used to be in Sea Cadets, the day-to-day duties of the Royal Canadian Navy still remained a mystery. I was very unfamiliar with the duties each sailor was required to do.

To begin the day, we gathered in *St. John's*' hangar for a safety briefing by the Commanding Officer, Cdr Peter Sproule. Safety is always important, especially on a warship. Maneuvering yourself and others around this massive frigate can be very challenging.

We then set out to my favourite part of the ship. The bridge watch tower. The second you open the door, you can feel the high paced environment, the expertise and the passion. Since we were preparing to leave the harbour, sailors were at their positions, ready to go. The CLaS members, the media and I were able to fit in this confined space along with the crew. We stood and watched intently as the bridge crew prepared to move the vessel.

It was so interesting to see how every member played a key role in setting sail. Sailors were positioned on either side of the bridge to notify the crew of any obstructions so we could leave the harbour safely. The departure went smoothly and we were soon out on the open water preparing for the next exercise.



CLaS participants tour HMCS Windsor to get a better understanding of the Royal Canadian Navy's role in the Canadian Armed Forces.

AVIATOR BRADEN TRUDEAU, FIS HALIFAX

"Man overboard!" someone from the starboard side yelled.

A training mannequin named Oscar fell into the deep blue waters below.

Immediately the ship went into emergency mode; I went outside to get a front row seat.

Everything was happening so fast, they threw smoke markers in the water to get a general vicinity as to where Oscar could be. The ship then did the sharpest turn I have ever experienced in order to reach the man in distress. Looking down the starboard side, a group of sailors was lowering a zodiac inflatable boat into the water, as they had a visual on Oscar.

Once the ship steadied, CLaS members came out to see the rescue mission up close. The sailors in the zodiac battled the cold waves while

attempting the recovery. Their efforts paid off and the rescue mission was successful.

This exercise was the first of many action-filled events the CLaS members participated in throughout the day.

The group participated in a fire-fighting demonstration that had them dress up in protective gear for a walk through a smoke filled hallway to simulate fighting a fire on board.

Everyone's favourite activity appeared to be the firearms demonstration. Members of the ship's company gave a training session on how to handle and fire a 9mm Sig Sauer handgun as well as the 5.56mm C8 service rifle. All the participants were having a great time on the deck hitting the targets on the range. Many showed excitement and interest as they went through all the organized

activities, and no one was afraid to ask questions.

I felt this International Women's Day trip was a perfect way to celebrate the ability and importance of women in all fields, especially those in the Royal Canadian Navy.

As citizens of the general public, we rarely get a glimpse into the everyday life of a sailor. This program, and this event in particular, gave me and many others what we were hoping to see.

Claire M. C. Kennedy (Managing Partner Clients & Industries, Bennett Jones LLP), a CLaS alumni (CLaS-mate) of the Arctic CLaS program to Nuuk, Greenland aboard HMCS *Charlottetown*, during Op NANOOK 18, was asked to co-lead this year's Women Canadian Leaders at Sea (WCLaS) program, a special edition in honour of International Women's Day (IWD).

"This has been a really exciting opportunity for me to come back as a CLaS alumni to co-lead this special WCLaS | IWD program," says Kennedy.

She also noted that Canada has three coastlines and acknowledged that civilians can sometimes overlook the importance of a Canadian presence at sea.

"Watching a giant container ship glide out of Halifax harbour from the deck of HMCS *St. John's* was a vivid reminder to me of how important the seagoing trade is to Canadian jobs and our daily life, and also how it's vital that we demonstrate Canadian sovereignty in our waters. The Royal Canadian Navy is essential to these goals."

My time with the CLaS program had concluded following the overnight experience at sea on HMCS *St. John's*. However, it was an opportunity I will never forget, and I have an even deeper appreciation for what the Navy does for us, each and every day.



Members of the ship's company give CLaS participants a training session on how to handle and fire a 9mm Sig Sauer handgun as well as the 5.56mm C8 service rifle.

AVIATOR RENZO RUIZ HAAS, FIS HALIFAX



Members in the Canadian Leaders at Sea program participate in ship board activities aboard HMCS *St. John's* in recognition of International Women's Day on March 7. Cdr Nancy Setchell (front and centre), Commanding Officer of HMCS *Charlottetown*, gave a presentation during the program.

AVIATOR RENZO RUIZ HAAS, FIS HALIFAX





## The Fleet marks International Day for the Elimination of Racial Discrimination

*Maritime Forces Atlantic and sailors aboard HMCS Halifax are proud to celebrate the International Day for the Elimination of Racial Discrimination on March 21, 2019. Diversity plays a pivotal role in ensuring the CAF remains a strong, innovative and forward-thinking organization and strives to reflect Canada's cultural, ethnic and linguistic makeup. Left to right: LS Dos Santos Sierra, OS Perez, OS Moussa (in behind), OS Gonese, OS Dorleans, OS Saunders (in behind) and Lt(N) Correia.*

MONA GHIZ, MARLANT PA



## RCAF leads Canadian Armed Forces space initiatives

**By Sarah Pacey,**  
Deputy Director Space Strategy and Plans, Director General Space.

Space is an important and growing element of the global security environment, and space-based capabilities are crucial to the day-to-day activities of all Canadians.

The Canadian Armed Forces' space-related activities are an essential component of the defence of Canada and North America, and provide support to operations worldwide. The CAF employs space-based capabilities for a range of activities including all-domain awareness, weather information, surveillance, intelligence gathering and reconnaissance, search and rescue, navigation, and global communications.

The Royal Canadian Air Force has been involved in space since the 1960s. In 2013, a giant leap into the future was taken with the launch of Canada's first military satellite, Sapphire. Members of the RCAF's 21 Aerospace

Control and Warning Squadron, based at 22 Wing North Bay, Ontario, began staffing the Sensor System Operations Centre, tracking, identifying and cataloguing objects in space, including satellites and debris, within a range of 5,500 to 55,000 kilometres from Earth. Sapphire and the controllers operating it, has contributed millions of observations to the US Space Surveillance Network.

In 2016, the RCAF took over functional authority for Joint Space within the CAF, and this new domain leadership responsibility has marked the beginning of an exciting new chapter for space in the CAF.

The RCAF is proud to count among its number two members who are current astronauts: Colonel Jeremy Hansen and Lieutenant-Colonel Joshua Kutryk, both seconded to the Canadian Space Agency. Colonel (retired) Chris Hadfield, the first Canadian astronaut to walk in space and the first Canadian commander of the International Space Station, is a

former RCAF member.

As a joint capability, space involves CAF members in the Navy, Army and Air Force, and their civilian defence team counterparts, all working together with other government department members to deliver capabilities that provide strategic advantage and responsiveness when integrated with sea-, land- or air-based systems.

Integrated through the Canadian Space Operations Centre (CANSPOC) in Ottawa, Ontario, with support from the Sensor System Operations Centre and collaboration with allies (including via NORAD agreements), the CAF monitors satellite movements in space, and missile and space launches. From its 24/7 watch centre, the CANSPOC monitors space debris and inactive satellites, and supports CAF members deployed on operations with information such as GPS accuracy, or when global communications satellites may be limited in certain regions due to space weather.

Working with allies is also a core

component of the defence joint space program. Space capabilities are subject to the characteristics of the rapidly evolving space domain which is increasingly congested, contested and competitive. By working closely with allies, the CAF is not only seeking ways to reduce duplication and leverage partner capabilities, but is also working to enhance the resiliency and redundancy of these capabilities to ensure that we will have continued and uninterrupted access to critical space enablers for operations at home and abroad.

Canada's defence policy commits increased and predictable funding to the defence space enterprise over the next 20 years to deliver important new capabilities for the CAF for earth observation, space situational awareness, and satellite communications. The policy promotes space-related research and development, and partnerships with academia and industry, to advance national innovation and our mission.



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# HMCS *Toronto* visits Turkish naval base

HMCS *Toronto* recently visited Aksaz Naval base in Turkey. The ship is currently deployed on Op REASSURANCE as part of NATO assurance and deterrence measures. These measures aim to reinforce NATO's collective defence. It also shows the strength of Allied solidarity. During this opera-

tion, the CAF is conducting training, exercises, and some NATO-specific tasks. The CAF support to NATO helps make Central and Eastern Europe more secure and stable. It also shows that the CAF is a professional force that is ready for any task.



Sailors onboard HMCS *Toronto* raise the jack staff prior to arrival at Aksaz Naval Base in Marmaris, Turkey during Operation REASSURANCE, March 22, 2019.

MCPL MANUELA BERGER, FIS HALIFAX



LS Darren Shaw, a member of HMCS *Toronto*'s dive team, jumps into the water to conduct a routine inspection of the ship at Aksaz Naval Base in Marmaris, Turkey during Operation REASSURANCE, March 22, 2019.

MCPL MANUELA BERGER, FIS HALIFAX



## US Coast Guard cutter Seneca visits Halifax

United States Coast Guard Cutter *Seneca* (WMEC 906) arrives in Halifax for a port visit at HMC Dockyard Halifax on March 15, 2019.

MONA GHIZ, MARLANT PA





# 3 things to watch for after pothole season

(NC) Is your commute bumpier than usual? You're not alone. Potholes are one of the most frustrating parts about driving in Canada and have the potential to cause serious damage to your car.

"While you may not be able to avoid them, knowing how to protect your vehicle from potential issues is important," says Darryl Croft, automotive expert at OK Tire.

What can you do to prevent damage to your vehicle?

Croft says most damage is done when you hit the pothole at an irregular angle. While your first instinct may be to swerve, this may potentially lead to damage that could have been otherwise avoided. If you do hit a pothole, inspect your vehicle immediately for any obvious signs of damage and bring it to a certified automotive expert to be assessed.

Here are some trouble spots to check out:

**Tire trouble.** After hitting a large pothole, the first item we usually inspect on our vehicle is the tires. The sudden displacement of air that happens when your tire runs over a pothole is enough to cause a complete blowout of its sidewall. Checking your tire pressure monthly to ensure they are properly inflated will help to protect them.

**Wheels.** The sudden impact that happens when you run over a pothole can cause structural damage such as cracks, chips and even bending of your alloy wheels or steel rims. This can lead to a faulty seal between the rim and tire, creating the potential for air leaks and even a fully deflated tire.

**Ride control.** Your suspension is designed to absorb impacts and keep your vehicle running smoothly down



the road, but there is a limit to how much it can handle. If you encounter an especially large pothole or hit it at just the right angle, your suspension may suffer substantial damage to the shocks and struts or may even break a ball joint. If the damage is signifi-

cant enough to misalign your wheels, you may notice the vehicle pulling in one direction, or strange sounds or vibrations that can lead to potentially uneven tire wear.

Find more information at [www.oktire.com](http://www.oktire.com).

# Prolong the life of your car and increase its value before selling

(NC) For many of us who are in the market for a new vehicle, it's important to take resale value into consideration, particularly if you are prone to trading up every couple of years.

"More often than not, people want a new ride that offers top-notch resale value," says Michael Betten-court, managing editor of Autotrader.ca, Canada's most comprehensive automotive marketplace. "A little research goes a long way in maximizing your investment and getting a decent return when it comes time to sell."

Make sure you do your research and check out Autotrader.ca to compare the values of hundreds of thousands

of used vehicle listings across different models, years and distances driven. This will give you a good idea of what a similar make and model can go for later down the road.

It's also important to keep your vehicle running smoothly with regular maintenance. While your ride is brand new, consider protecting

its exterior with corrosion-fighting paint and finish treatments, and accessories designed to fend off the damaging effects of sand, salt and road debris. Finally, before putting it up for sale, make a quick visit to your mechanic to fix any issues, but don't go overboard on aftermarket installations.

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# Diving in the High Arctic: Operation NANOOK-NUNALIVUT 19

By Lt(N) Éliane Trahan,  
FDU(A) PAO

Clearance Divers, Combat Divers and Port Inspection Divers from across Canada have participated in Operation NANOOK-NUNALIVUT 19 in Tuktoyaktuk, Northwest Territories, from March 20 to April 1, 2019. They were diving in the glacial waters of northern Canada with colleagues and military divers from France, Finland, Sweden and Norway.

The purpose of this operation is to improve the ability of the Canadian Armed Forces (CAF) to operate in austere and isolated locations. Although divers are often called upon to work in difficult conditions across Canada and abroad, diving under the ice in a location of up to -60 °C remains a real challenge.

International representatives were first welcomed to the Fleet Diving Unit (Atlantic) (FDU(A)) in Halifax, Nova Scotia. While there they were provided an opportunity to get to know each other and trial the different equipment. The group of about 50 people then flew to Inuvik, a two-hour drive from Tuktoyaktuk.

"We are proud to be at the helm of the diving activities for this operation. Once the divers put on their equipment, whether they are Canadian, French or Norwegian, they are one team. Especially in such conditions, they must to rely on each other," said LCdr Patrick Fournier, Commander Task Force Dive and FDU(A) Commander.

Military divers are recognized for their professionalism and expertise. For the duration of the operation, they explored the seabed to a maximum depth of 17 meters and practiced their skills under the ice using a new piece of diving equipment, the Ultra Light Surface Supplied Diving System. The Defense Research and Development Canada and Joint Arctic Experiment teams also performed various thermal retention experiments on divers.

LCdr Kharim Schliewinsky, Advanced Diving Medical Officer, was the CAF's Senior Medical Authority in Tuktoyaktuk and was prepared to provide medical coverage if any diving incident occurred.

The members of the 1st Canadian Ranger Patrol Group were also part of the team to provide good advice and facilitate a smooth integration into an arctic environment. While there, military members had the chance to meet Tuktoyaktuk residents and learn about Inuit culture and traditions.

To learn about Operation NANOOK-NUNALIVUT 19 and view the imagery of the military in action, visit the Joint Task Force (North) official page



*Military divers from Canada, Finland, Sweden and Norway work together to remove a block of ice freshly cut on the dive site during Operation NUNALIVUT in Tuktoyaktuk, NT on March 21, 2019.*

MCPL GABRIELLE DESROCHERS, CF COMBAT CAMERA



*A Canadian diver holds the Canadian flag while diving under 3 feet of ice during Operation NANOOK-NUNALIVUT in Tuktoyaktuk NT, March 26, 2019.*

MCPL GABRIELLE DESROCHERS, CF COMBAT CAMERA

and the Canadian Forces Combat Camera image gallery: Joint Task Force (North): <https://www.canada.ca/en/departement-national-defence/services/operations/military-operations/conduct/regional-task-force/north.html>

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<http://www.combatcamera.forces.gc.ca/en/>

Visit also social media: Facebook :  
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# Plonger dans l'Extrême-Arctique : Opération NANOOK-NUNALIVUT 19

Par Lieutenant de vaisseau  
**Éliane Trahan,**  
UPF(A) OAP

Des plongeurs-démineurs, plongeurs de combat et plongeurs d'inspection portuaire provenant de différentes régions du Canada ont participé à l'opération NANOOK-NUNALIVUT 19 à Tuktoyaktuk, dans les Territoires du Nord-Ouest, du 20 mars au 1er avril 2019. Ils ont plongé dans les eaux glaciales du nord canadien en compagnie de collègues, également plongeurs militaires, provenant de la France, la Finlande, la Suède et la Norvège.

Le but de l'opération est d'améliorer la capacité des Forces armées canadiennes (FAC) à fonctionner dans des lieux rudimentaires. Bien que les plongeurs sont souvent appelés à travailler dans des conditions difficiles partout au Canada et à l'étranger, plonger sous la glace dans un endroit pouvant atteindre les -60°C reste un défi de taille.

Les différents représentants internationaux ont tout d'abord été accueillis à l'Unité de plongée de la Flotte (Atlantique) (UPF(A)) à Halifax en Nouvelle-Écosse, pour faire connaissance et se familiariser avec l'équipement de chacun. Le groupe d'environ 50 personnes s'est ensuite envolé pour Inuvik, à environ deux heures de route de Tuktoyaktuk.

« Nous sommes fiers d'être à la tête des activités de plongée pour cette opération. Je vous confirme cependant que dès que les plongeurs enfilent leur équipement, qu'ils soient canadiens, français ou norvégiens, ils forment une seule et même équipe. Surtout dans de pareilles conditions, ils doivent compter les uns sur les autres, » indique le Capitaine de corvette Patrick Fournier, Commandant de la Force opérationnelle de plongée et Commandant de l'UPF(A).

Les plongeurs militaires sont reconnus pour leur professionnalisme et expertise. Pour la durée de l'opération, ils ont exploré les fonds marins à une profondeur maximum de 17 mètres et ont exercé leurs habiletés sous la glace en utilisant un nouvel équipement de plongée, le Système de plongée à surface ultra légère. Les équipes de Recherche et développement pour la défense Canada et Expérience interarmées dans l'Arctique ont également performé différentes expériences de rétention thermique sur les plongeurs.

Le tout s'est déroulé sous l'égide médicale du Capitaine de corvette Kharim Schliewinsky, Médecin de plongée de niveau avancé pour les FAC à Tuktoyaktuk, si jamais un incident de plongée survenait.



*Un plongeur fait signe que tout va bien après se plonger dans les eaux arctiques lors de l'opération NUNALIVUT à Tuktoyaktuk, dans les Territoires du Nord-Ouest, le 23 mars 2019.*

CPLC GABRIELLE DESROCHERS, CAMÉRA DE COMBAT

Les membres du 1er Groupe de patrouilles des Rangers canadiens ont également fait partie de l'équipe pour apporter de judicieux conseils et faciliter l'intégration dans un milieu arctique. Les militaires ont eu la chance de faire connaissance avec les résidents de la ville de Tuktoyaktuk et en apprendre davantage sur la culture et les traditions Inuits.

Pour en connaître davantage sur l'opération NANOOK-NUNALIVUT 19 et visionnez les photos des militaires en action, visitez la page officielle de la Force opérationnelle interarmées (Nord) et la galerie d'image de Caméra de combat des Forces canadiennes:

Force opérationnelle interarmées (Nord) : <https://www.canada.ca/fr/ministere-defense-nationale/services/operations/operations-militaires/menons/forces-operationnelles-regionales/nord.html>

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# Repairs to BRONCO

By Capt Alex Chatwin,  
Pilot, HMCS *Regina* HELAIRDET

On February 6, 2019, aircraft CH148824 (call sign BRONCO) left 443 Maritime Helicopter Squadron (443 MH Sqn) in Patricia Bay, BC, and embarked HMCS *Regina* from CFB Esquimalt. In a historic milestone for each unit, MARPAC employed a CH-148 Helicopter Air Detachment (HELAIRDET) for the first time and sailed west to fight as one. Embodying new technology like surface surveillance radar, Inverse Synthetic Aperture Radar, sonobuoy processing, electro-optics, electronic warfare, long range active dipping sonar, tactical datalink, and digital recording capabilities, as well as search and rescue and utility capacities, BRONCO's heightened integration was swiftly embraced, and brings a leap in capability for the Royal Canadian Navy (RCN).

After HMCS *Regina* sailed west from Hawaii, a significant setback occurred during envelope expansion aboard Naval Replenishment Unit (NRU) Asterix. On February 19, under challenging operating conditions, the CH148 experienced a hard landing, and sustained enough damage to require a significant Royal Canadian Air Force (RCAF) response. Technicians and support personnel were brought together from *Regina*, 443 (MH) Sqn, 12 Air Maintenance Squadron (12 AMS), 423 Maritime Helicopter Squadron (423 MH Sqn), 450 Tactical Helicopter Squadron, an Aircraft Engineering Officer, Sea Training (Atlantic), and Sikorsky representatives. These personnel formed a mobile repair party on the remote island of Guam to cohesively execute around-

the-clock repairs. Special thanks to 12 Wing, 14 Wing, Combined Air Operations Centre, and 429 Squadron for their rapid mobility support.

From the first day alongside Guam on February 26 until the fully-completed package departed in March, the team's success can be attributed to individuals' attitudes and solidarity of purpose. Not only was such focus and determination present amongst RCAF personnel, but our RCN brethren, contractor support staff, and US allies at Helicopter Sea Combat Squadron Two-Five (HSC-25), air mobility personnel at Andersen AFB, and port authorities at Naval Base

Guam, who all provided outstanding support to the massive repair effort. Various inspections and repairs to the helicopters were started on NRU Asterix on February 19, and continued until the ship's arrival in Guam. A comprehensive damage assessment was also carried out on NRU Asterix during the transit to Guam, which defined the task ahead, but made it no less formidable.

During the first several days following the hard landing as the ships made their way towards Guam, *Regina* had to transfer many parts, tools, and equipment from BRONCO's home ship over to NRU Asterix to begin

working on BRONCO.

After arrival in Guam, the Mobile Repair Party from Canada joined the team in Guam with specialised qualifications, authorisations, tools, and parts. During seven days in Guam, the tail pylon was removed and replaced, four main rotor blades were removed, two were re-installed and two were replaced, the left main landing gear was replaced, and repairs to a cracked sponson were carried out by the MRP working around the clock, 24/7.

According to Sgt Scott Rose, air crew with *Regina*, "We had three crews working continuously in 8-12 hour shifts. We had a mix of HMCS *Regina*, Shearwater, and Patricia Bay crews working very well together where each crew participated on all aspects of the job."

On March 6, BRONCO flew again. After hundreds of dedicated maintenance hours, the requisite maintenance ground runs and maintenance

test flights breezed by over a two-day period. As *Regina* and NRU Asterix proceed on Op PROJECTION, and ultimately to serve on Op ARTEMIS in the Arabian Sea, BRONCO will be a force multiplier for the CAF. In MCpl Marc Gagnon's own words, "With the right support and expertise, anything can be accomplished."

Bravo Zulu to all members involved in the aircraft repair scheme from the contractors, RCAF, RCN and US services. Challenges are bound to arise with any complex piece of equipment, yet *Regina*'s team has admirably fought through adversity, and looks forward to its planned mission.



The tail pylon from 12 Wing Shearwater arrives and is unboxed aboard NRU Asterix in Naval Base Guam on February 28, 2019.

CPL STUART EVANS, BORDEN IMAGING SERVICES



Members of the Air Detachment of HMCS *Regina* conduct repairs on the CH-148 Cyclone during Op PROJECTION in Naval Base Guam in Guam, USA during Op PROJECTION on February 25, 2019.

CPL STUART EVANS, BORDEN IMAGING SERVICES



Technicians and support personnel were brought together from *Regina*, 443 (MH) Sqn, 12 Air Maintenance Squadron (12 AMS), 423 Maritime Helicopter Squadron (423 MH Sqn), 450 Tactical Helicopter Squadron, an Aircraft Engineering Officer, Sea Training (Atlantic), as well as Sikorsky representatives.

CPL STUART EVANS, BORDEN IMAGING SERVICES





# Purple Day for Epilepsy Awareness at CFB Halifax

Representatives from the Epilepsy Association of Nova Scotia were at CFB Halifax on March 26 to celebrate Purple Day, the national day in support of Epilepsy Awareness in Canada. The group witnessed the Purple Day flag raised as part of morning colours, and EANS Executive Director Debbi Tobin then held a small information session at St. Brendan's Chapel. The effort to recognize the day on the base was led by PO1 Charles Bressette of NFS(A) and his wife Lyndsay, who was diagnosed with epilepsy in 2016.

RYAN MELANSON, TRIDENT STAFF

# Peanut Butter Cheesecake Squares

Contributed by Kevin Ouellette,  
Banquet Chef of Juno Catering

Serves: 16  
Ready In: 2 hours

**Ingredients:**


**For Crust:**  
255 grams Oreo Cookie Crumbs  
90 ml Butter, melted

**For Filling:**  
170 grams Cream Cheese, at room temperature  
250 ml Sweetened Condensed Milk  
85 ml Peanut Butter, smooth  
3 ml Vanilla Extract  
Pinch Sea Salt, finely ground

**For Chocolate Glaze:**  
140 grams Dark or Milk Chocolate  
60 ml Butter

**Directions:**

1. Preheat the oven to 350F. Line an 8" x 8" baking pan with parchment paper.
2. In a bowl, mix the cookie crumbs and the melted butter together. Spread it evenly into the lined baking pan and pat it down with your hands till it is compacted.
3. In the bowl of a stand mixer, beat the cream cheese, condensed milk and peanut butter with the paddle attachment until smooth. Mix in the vanilla and salt. If you do not have a
4. Pour the filling over the cookie crust and spread evenly. Bake in the preheated oven for 15 to 18 minutes until the filling is set. Remove from the oven and place on a cooling rack until it has cooled completely.
5. To make the chocolate glaze, place the chocolate and butter in a bowl over a double boiler and stir until it has melted and is smooth. Pour over the cooled cheesecake and refrigerate until set.



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*Volunteers and friends of the Naval Museum of Halifax gather during a retirement function for Rick Sanderson, past Museum Director, in December 2018.*

SUBMITTED

*Retired submariner Rodney Lake works on an upcoming Naval Museum of Halifax exhibit with HMCS Windsor's MS Jake Canton (left) and LS Brody Gray.*

SUBMITTED



# Naval Museum of Halifax celebrates its volunteers



**By Jennifer Hevenor,**  
Director, Naval Museum of Halifax and  
**Jennifer Gamble,**  
Curator, Naval Museum of Halifax

National Volunteer Week 2019 runs from April 7 – 13, and is an opportunity to recognize the collective efforts of volunteers in our communities. The 2019 theme, *The Volunteer Factor – Lifting Communities*, speaks to the invaluable work done by volunteers everywhere to help their communities, and spirits, thrive.

Our volunteers are an integral part of our success here at the Naval Museum

of Halifax. They help build exhibitions like the upcoming *Labrador: North of 60* and *Diving Now: Submarines in the Service of Canada*. They facilitate tours to visitors and student to share the history of the RCN and some of their real life experiences. They help research in the archive to learn more about the Museum's collection, the history of the RCN and to answer questions we receive from visitors. They catalogue special collections like the WRCNS photos and documents. They scan photos and documents to make them easier to share with our visitors. They compile data to make the collection more discoverable. Our volunteers do all of this and so much more!

So far this year, they've dedicated an incredible 530 hours of their time to the museum. A huge THANK YOU to all of our passionate volunteers. We appreciate you!

*Left to right: Retired Chief Petty Officers and Naval Museum of Halifax volunteers Rick Chapman, Walter Edwin Short, and Gilles Dore.*

SUBMITTED

## Health Promotion Challenge 2019 – Self Care: Better Health. Better You

**By Kelly Goudie,**  
Health Promotion Manager, Personnel Support Programs

Taking care of oneself can often be something that is put on the back burner. With so many competing priorities, taking care of yourself can seem like a selfish use of time. However, taking care of yourself does not make you a bad/selfish person.

When you are in good health, you are better able to help others and meet the demands of everyday life.

This year's Health Promotion Challenge will focus on self care and will kick off on April 25 at the Wardroom Ballroom from 11 a.m. to 2 p.m. The self care kickoff will be an event with prizes to be won from Rodd Hotels and Resorts located throughout the Maritimes. Each Rodd location

will be showcasing its self care amenities and will be paired up with a corresponding PSP or health services unit that will showcase our in house services and supports. The kickoff event will be held in the Wardroom Ballroom and should have something for everyone. There will also be a shuttle leaving Shearwater HQ at 11:30 a.m. to bring members to the kickoff.

Those that attend the kickoff can also sign up for the Selfie Challenge, which entails taking a selfie of you doing self care (don't worry we have a handy guide of great self care ideas) and submitting it to us / posting it on the PSP Facebook page. The grand prize for this challenge is a Getaway Package to PEI including hotel, theatre tickets and lobster supper.





# TRIDENT Sports

What's the score with local sports in your community? Send write-ups, photos, and results to [editor@tridentnews.ca](mailto:editor@tridentnews.ca)

## Mariners men win Regional Volleyball gold

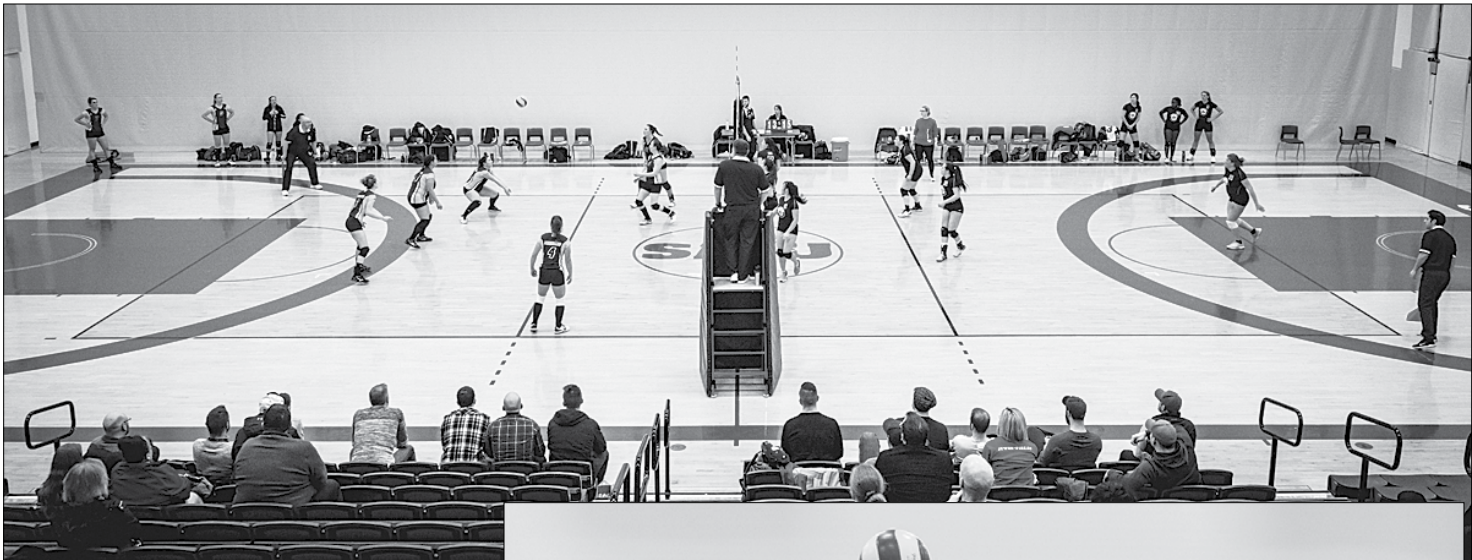
By Ryan Melanson,  
Trident Staff

The CAF Atlantic Regional Volleyball Championship was held from March 12-15 and hosted by PSP at Saint Mary's University in Halifax, with teams from CFB Halifax, 14 Wing Greenwood and 5 CDSB Gagetown competing on the women's side, while the men's championship was a two-team battle between CFB Halifax and Greenwood.

The Halifax men bested the Greenwood team, which included pickups from Gagetown, over two straight games, with scores of 3-1 (17-25, 25-16, 25-16, 25-18) and 3-0 (25-22, 25-14, 27-25) to take the men's gold medal and earn the right to represent the Atlantic region at CAF Nationals.

While the Halifax women placed first in the three-team round robin and earned a bye to the finals, they fell to 14 Wing in the final match, earning the silver medal.

The CAF National Volleyball Championship will be held from April 13-17 in Borden, with Coach and team Captain SLt Scott Wood leading the Atlantic team from CFB Halifax, along with Assistant Coach Cpl Jonathan Mosher and Assistant Captain PO1 Dylan Harrold.



*The Halifax women's team fell to Greenwood in the final game, earning the silver medal for the tournament.*

MS PETER FREW, FIS

*The CFB Halifax Mariners took on 14 Wing Greenwood in the men's final, earning a victory and the title of Regional Champions.*

AVR RENZO RUIZ HASS, FIS



*Both the CFB Halifax men's and women's volleyball teams competed at the CAF Atlantic Regional Championship, held from March 12-15 at Saint Mary's University.*

MS PETER FREW, FIS

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# CF H Svcs C(A) puts a focus on staff health and wellness

By Ryan Melanson,  
Trident Staff

For personnel at CF Health Services Centre (Atlantic) to continue delivering high quality health care to CAF members, they need to ensure their own team members are healthy as well.

This has become a focus for unit Commanding Officer LCol Rochelle Heudes, and new initiatives at the unit are helping staff at the clinic stay on top of both their physical and mental health.

In addition to the regular twice-weekly unit PT for CAF members, the CO has started facilitating lunchtime workout sessions in the galley space at S80, planning out a series of high-intensity exercises and inviting both military and civilian staff to participate. LCol Heudes said her goal was to encourage physical activity while also getting her staff out of their cubicles and interacting during the lunch hour.

"I thought, why not just do something right here, since we have the space, and see if people are interested?"

There's now a group of about 30 regulars from CF H Svcs and 1 DU Det Halifax who attend the workouts on Tuesdays and Thursdays each week.

"I've always been a proponent of health and wellness, and now as the CO, I can set the pace and the tone myself. I enjoy doing this, and I'm really happy to see people participating and having fun with it," LCol Heudes said.

She's also shaken up the mandatory PT for her CAF members at the Dockyard Gym, moving away from unit sports and having a physiotherapist build a program focused on making real physical fitness improvements.

Of course, mental health is also an important aspect of overall health, and in addition to the mental boost



*LCol Rochelle Heudes (second from left, kneeling) with the group of CF Hlth Svcs and 1 DU Det Halifax personnel who participated in a workout session at S80 on March 26.*

RYAN MELANSON, TRIDENT STAFF

provided by physical exercise, the unit has added a Mind Focus session for staff during the Wednesday lunch hour. A new Self Compassion course has also been rolled out internally, and will likely be made available to the rest of the base, LCol Heudes said.

"Our total health and wellness is very important, and it's not just about the physical. I've been open to new ideas and if there's anything we can do to help our people, I want to do it."



*CF H Svcs C(A) CO LCol Rochelle Heudes has been leading high-intensity lunchtime workouts for staff twice a week, along with other initiatives the unit has put in place focusing on the health of its people.*

RYAN MELANSON, TRIDENT STAFF

## Fitness and sports updates

By Trident Staff

**The CFB Halifax Walk** takes place at 10:30 a.m. on the last Wednesday of every month. Both military and civilian members are welcome to participate. The group will convene at the STAD gardens in front of S-90 for a PSP led warmup. The walk will take approx. 30 minutes and be approx. 2.5-3km, heading towards Fort Needham and back. For more information please contact Lucas Hardie at 902-427-6335 or email [Lucas.Hardie@forces.gc.ca](mailto:Lucas.Hardie@forces.gc.ca)

**The FORCE Rewards Program** is designed to recognize CAF personnel who achieve high levels of health-related fitness and operational readiness on their FORCE Fitness Profile, as part of their annual FORCE Evaluation. In line with the CAF objective of maintaining high levels of health-related fitness and operational readiness, this program is being implemented to motivate CAF personnel to pursue physical activity while recognizing those who achieve excellence. FORCE Program location: Fleet

Gym location, D216, Mondays, 10 a.m. and Tuesdays, 1:30 p.m. HMCS Scotian location: Fridays, 10 a.m. and 1:30 p.m.

**Has competing a triathlon been on your bucket list?** Don't know where to start? Join the Navy Tridents Triathlon Club. Membership is \$50 for military members and their families, \$60 for DND employees and their families, and \$65 for civilian friends. Contact club president Lt(N) Sam Kehler at [samuel.kehler@forces.gc.ca](mailto:samuel.kehler@forces.gc.ca) or search Navy Tridents Triathlon Club on Facebook. Stay tuned for

announcements for our race in early June with distances for all abilities.

**Intersection/Drop-In Pickleball.** Come and learn a fun new sport.

Shearwater Gym, Mondays and Wednesdays 12 p.m. – 1 p.m. For more information please contact Sgt Rick Austin, 720-1711 or [rick.austin@forces.gc.ca](mailto:rick.austin@forces.gc.ca)

**12 Wing Shearwater drop-in basketball** is available Wednesdays from 6-8 p.m. For more information please contact: Cpl Gagnon at 902-720-3214 or [philip.gagnon@forces.gc.ca](mailto:philip.gagnon@forces.gc.ca)



# Sports trivia: don't show them the money

**By Stephen Stone**

Sometimes, when we see the huge contracts that athletes sign, we wonder what we would do with all that money. This edition is about those who went bust. This is just a small sample of the athletes who mismanaged their wealth.

## Questions

1. Who beat the Greatest of all time, lost the rematch, lost all his dough and ended up as a janitor at a Columbus YMCA?
2. Who is the former MLB All-Star for the Philadelphia Phillies who spent three years in jail for car theft, filed for bankruptcy in 2009 owing over \$31 million with \$500,000 in assets and had to sell the house he bought from Wayne Gretzky?
3. After all was said and done, this Hall of Fame quarterback for the Baltimore Colts filed for bankruptcy in 1991 and was left in financial ruin after being sued by the banks for over \$3 million.
4. Which MLB Hall of Famer pitcher lost his stable of Arabian horses when the bank sold them for five thousand bucks to help pay his debts?
5. One of the most decorated heavyweights of all time made millions. He was forced to sell everything he owned in an attempt to pay off his debts. When all was done he still owed twice what he paid.
6. This former star quarterback for the Tennessee Titans was bust only seven years after signing a \$26-million contract as a rookie.
7. Probably the most feared heavyweight ever, he won millions but was destitute by 2003. He was married to a former Miss USA.
8. He scored the Hand of God goal in 1986 to give Argentina the World Cup. He owed over \$54 million in back taxes. Needless to say, he is broke.
9. He was one of the most recognised golfers of his day and one of the highest earners. His problem was gambling. He stated he lost more money than many golfers earn in a lifetime: almost \$98 million.
10. She won Olympic gold in 1978, was a star in the Ice Capades, and was broke by 1991.
11. Who was the former face of the WNBA who, along with poor financial representation, bad investments, as well as being the author of her own misfortune, had to sell her Olympic medals and her Naismith trophy to satisfy her creditors after earning over \$50 million?
12. He had a net worth of \$11 million, was exonerated in the murder of his wife, but was found respon-

sible in a civil suit and ordered to pay her family over \$35 million and was once jailed as a result of a scam involving his sports memorabilia?

13. He made over \$50 million playing for the New York Jets. He owed \$25 million with assets of only \$5 million, five of his nine Whataburger franchises went belly-up, and poor investments led to his collapse.
14. This Wimbledon, Australian Open, French Open, U.S Open, Davis Cup and 1992 Olympic champion had career earnings of over \$120 million and was bankrupt by 2016.
15. Which pitching ace, World Series champ and TV commentator filed for insolvency when he couldn't pay back a \$75-million loan to start a video game company?

And now on a more positive note, here are five athletes living well below their earnings

16. At 18, he signed a contract with the Detroit Tigers giving him a signing bonus of \$2 million. He drives a \$10,000 VW camper he converted into a tiny home in which he lives in the offseason. His advisors deposit \$800 into his chequing account each month. "Just because you have lots of money doesn't mean you have to have nicer things than you had before."
17. This multi-millionaire for the Washington football club drives a dented Savanna van he bought from his grandmother for \$5,000 and lives in the basement of his parents' home.
18. He signed a \$57.5-million contract with the Washington football club in 2015 and shares an apartment with a childhood friend. He drives a Chevy Tahoe and cooks his own meals. If he splurges on dining out, he goes to a takeout joint
19. Drafted in 2012 by the Detroit Lions, he lives on \$60,000 a year even though he earns over \$500,000. He stashes his money in investments and a retirement fund. "I don't have cable. I use Apple TV and Netflix. My wife and I don't go out to eat a lot, and I make sure I pay off my credit cards every month."
20. This Lions' safety earns an average of \$6.5 million a year, has been saving 70 per cent of his take-home pay since he was drafted in 2009. He said his plan has always been to "save as much money as I can and spend as little as I can in the time that I have in the league so that I can maximize my future."

*Answers on page 23*

# Naval Cadet brings silver medal home from once-in-a-lifetime hockey trip

**By Ryan Melanson,**  
Trident Staff

As she prepares for her first RCN posting later this spring, a Naval Cadet and hockey standout from Halifax recently found time to scratch an item off her list of life goals: to play with team Canada at an international tournament.

NCdt Cassandra Labrie, an engineering student and Captain of the Universite de Moncton Aigles Blues hockey team, was picked to join the Canadian team for the hockey portion of the 2019 Winter Universiade in Krasnovarsk, Russia.

The Universiade is an international student and youth competition held every two years, with 58 nations participating in 76 different sports. In the hockey portion, the Canadian women faced off against teams from China, Japan, Switzerland, the United States, and a powerhouse team from Russia with a roster of Olympic-calibre players.

The tournament features some of the top university hockey players from each respective country, and NCdt Labrie said her and a teammate were approached after a playoff loss meant their schedule was freed up.

"We signed some forms and a week later we were on our way to Russia," she said.

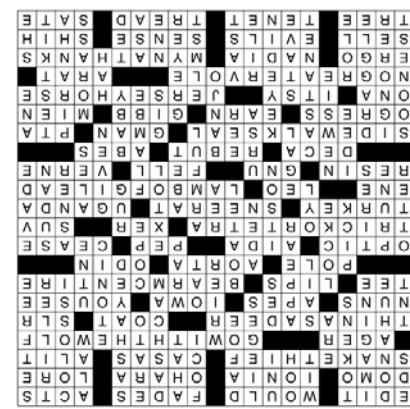
"It was a little scary to think about travelling so far away for hockey, which I hadn't done before, but it was exciting. I saw it as a once-in-a-lifetime kind of chance, so I didn't pass it up."

The roster met at the airport and had only two short days of prep before their first game against China, but the team meshed well together and found success early, including an exciting win against the rival American team, which ended 1-0 in Canada's favour after a goal in the game's final seconds.

"We just got closer and tighter as a team as we went on and realized we had a shot at the finals against Russia," she said.

Though out-skilled against their Russian opponents, the Canadians used lessons from their earlier round-robin matchup and were able to keep the game scoreless until the third period, eventually falling 2-0 after a late empty-net goal.

*Continued on page 24*



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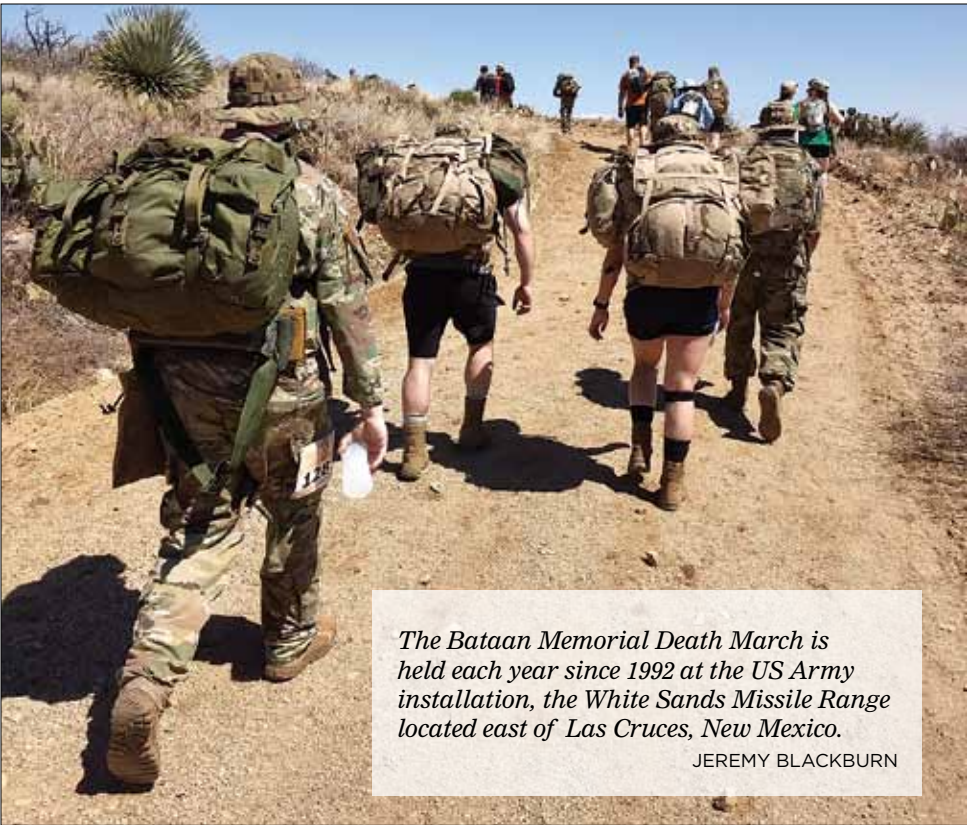
F 902.455.6730

E chrisbrothers@royallepage.ca

DavidDunn.ca







*The Bataan Memorial Death March is held each year since 1992 at the US Army installation, the White Sands Missile Range located east of Las Cruces, New Mexico.*  
JEREMY BLACKBURN

# Soldiering On at Bataan

By M/Bdr (ret'd) Jeremy Blackburn,  
(ret'd Soldier On Program)

Ten years ago, I had the good fortune of participating as a member of a five-member MARLANT Bataan Memorial Death March, Heavy Division, Co-Ed marching team. A team in which each member trained to carry 35 pounds of dead weight, plus 15 pounds of required gear and food for 42 kilometers. Forty-two kilometers in the fastest time possible across a desert and up and around a mountain elevation of approximately 1km. That year our team, called the Halifax Heavies, came in second against many others in the same division. Essentially since 1992, the United States Army installation, White Sands Missile Range located east of Las Cruces, New Mexico, has been the host to the event in remembrance

of the American and Filipino soldiers of the Second World War who were forced by the Imperial Japanese Army to march 65 miles through jungle terrain enduring torture, dysentery, malaria, diarrhea. Thousands died from the rough conditions and mistreatment while others died in the prison camps similar to those inhabited by Canadian POWs after the fall of Hong Kong. This year, I was able to participate as an individual in the light weight civilian category starting off with the Wounded Warriors, the same as our Soldier On program. Ten years ago, the number of folks participating in the event was 5,300. This March 17 race, it was 8,631 participants. We started off Sunday morning at 7 a.m., a crisp and cool morning following a snowy Saturday. The course

*Continued on page 23*

## Super Crossword

### ANIMAL ADAPTATIONS

ACROSS

- 1 Cut, as film
- 5 "... I lie?"
- 10 Grows dim
- 15 Opera parts
- 19 Major- -- (butler)
- 20 Region of old Greece
- 21 Fictional belle Scarlett
- 22 Tales of old
- 23 One stealing a serpent?
- 25 Houses, to Hernando
- 26 Came to rest
- 27 Aid in antiquing
- 28 Escort a wild canine?
- 31 Slender, like stags tend to be?
- 35 Suit jacket
- 36 35mm camera inits.
- 37 Wimple wearers
- 38 King Kong and others
- 39 Caucus state
- 42 "Capeesh?"
- 44 Golf prop
- 45 Glass rims
- 46 Grizzly who's a country music star?
- 48 Battery part
- 49 Vital artery
- 50 Norse deity
- 51 Of the eyes
- 54 Verdi opera
- 56 Vim
- 58 Terminate
- 62 Choice between an impish practical joke and an aquarium fish?
- 66 Boomer's son, say
- 68 Sequoia, e.g.
- 69 Gobbling fowl
- 70 Show open disdain for
- 72 Neighbor of Kenya
- 75 Butyl ender
- 76 Feline sign

- 78 Young sheep from an ancient Palestinian region?
- 80 Varnish stuff
- 83 Antelope of Africa
- 85 Went lower
- 86 French novelist Jules
- 87 Octa- plus two
- 89 Belie
- 92 \$5 bills, informally
- 94 Pinniped pedestrian?
- 98 Certain Fed
- 99 K-12 org.
- 102 Mrs. monster
- 103 Make at work
- 104 Singer Andy
- 105 Outward appearance
- 106 -- hunch
- 107 Tiny, to tots
- 109 Steed native to the Garden State?
- 112 The absolute best burrowing rodent?
- 116 "I smell --!" ("This is fishy!")
- 117 Thus
- 118 Gymnast Comaneci
- 119 Gratitude expressed by a chatty bird?
- 124 Retail (for)
- 125 Wicked things
- 126 Innately know
- 127 -- Tzu (dog)
- 128 Sequoia, e.g.
- 129 Chief belief
- 130 Trample
- 131 Totally fill

DOWN

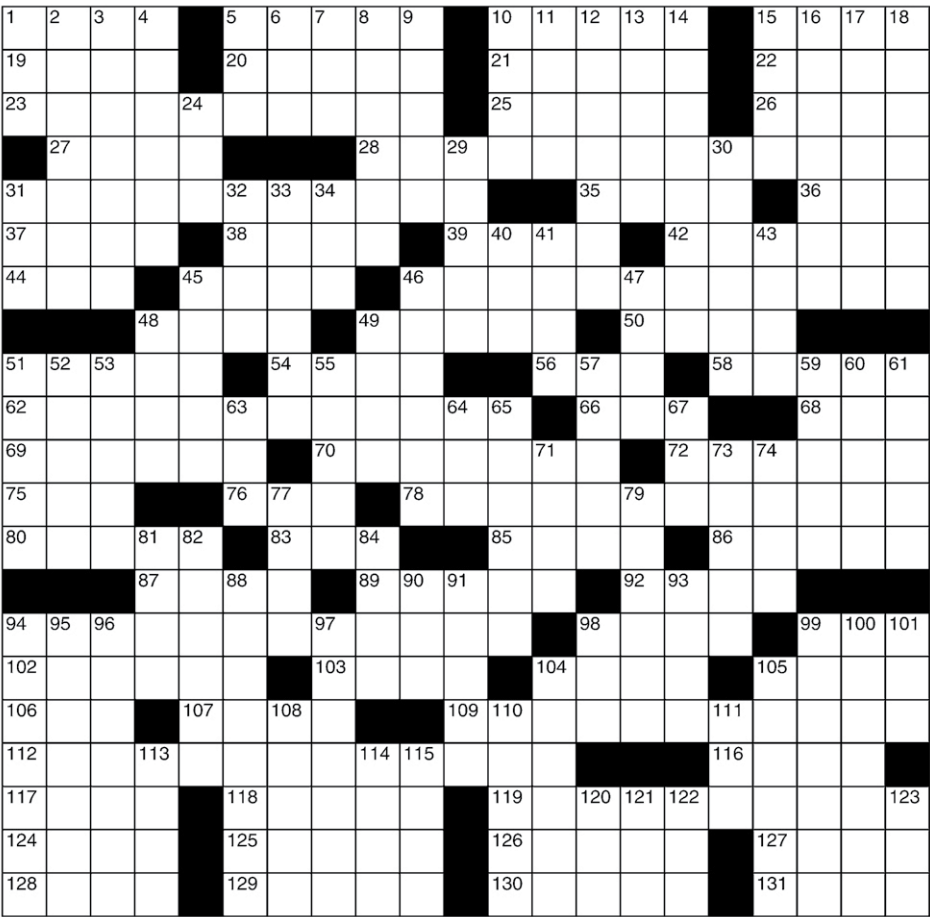
- 1 Mag staffers
- 2 Phil who had a talk show
- 3 Conceive of
- 4 Coin substitutes
- 5 Jokerster
- 6 "Nice one!"

- 7 Octa- minus seven
- 8 Feudal superiors
- 9 "Platoon" actor Willem
- 10 Points where rays meet
- 11 At the drop of --
- 12 Windshield-attached recorder
- 13 Muse of hymns
- 14 Glided down the runway
- 15 "There oughta be --!"
- 16 Huge statues
- 17 Singer doing a vocal quaver
- 18 Emancipate
- 24 Time period of interest
- 29 More twisted, as humor
- 30 Running shoe brand
- 31 Blasting material
- 32 Go by sea
- 33 Materialize
- 34 -- Moines, Iowa
- 40 Granola bar bit
- 41 End a shoot
- 43 -- Reader (magazine)
- 45 "Willard" actress Sondra
- 46 Moored ship used as lodging
- 47 Get by
- 48 Opt for
- 49 Yemen port
- 51 Ferret cousin
- 52 Pare down
- 53 Car's four
- 55 "Let's do this thing!"
- 57 Praise highly
- 59 Seven-Emy Ed
- 60 Neighbor of Ethiopia
- 61 Get by
- 63 Popeye's Olive
- 64 Stephen of "Still Crazy"
- 65 Amount that can be carried
- 67 Hairpiece, slangily
- 71 Help in a bad deed
- 73 Accepted fact

- 74 Toby brews
- 77 The same, to Henri
- 79 Served in blazing brandy
- 81 Notion, to Henri
- 82 Reporter, colloquially
- 84 -- Major
- 88 Musical clicker
- 90 Always, in sonnets
- 91 Bluegrass instrument
- 93 Wee toddler
- 94 Most quickly

- 95 Cold-shoulder giver
- 96 Make dirty by trailing through mud
- 97 Entered, as data
- 98 Mil. enlistees
- 99 Nasty fish
- 100 Diagnostic package
- 101 Hex- follower
- 104 Less cheery, to a Brit
- 105 Boggy tract
- 108 Barrel slat

- 110 "Nightmare" film setting: Abbr.
- 111 "So there!"
- 113 Part in a play
- 114 Really peeve
- 115 Gigantic
- 120 Rome-to-Vienna dir.
- 121 Slow -- snail
- 122 Politico Cruz
- 123 That vessel







# Soldiering On at Bataan

Continued from page 22

begins with 10 km of level desert trail followed (400-1312 meter) climb up around Mineral Mountain for 10km and skirting the area where the first atomic bomb was tested (Trinity). Then 10 km down the level basin and 10km across the sand pit desert area to the finish line. There were many water stations along the way with Gatorade, fruit and ambulance on the ready. The slogan many carried was, when it gets tough, keep marching, and so we did until we reached a canopied finish line outside the base's Frontier Club.

There were only four Bataan veterans of the original march alive today, three of whom were there to see us off. Though the 42 kilometers isn't at all like the real march, it does give you the feeling of respect and honour the Americans have for their veterans who suffered from this twisted reality of war. For the Canadians who marched this year at the Bataan, we have a deeper feeling a respect for our veterans captured at Hong Kong and who suffered the same treatment by the Imperial Japanese Army. Despite the reason for this march, it is always wonderful to march with brothers and sisters in arms.



MBdr (ret'd) Jeremy Blackburn completed the 2019 Bataan Memorial Death March. This year, 8,631 people participated in the event.

SUBMITTED

# Sports trivia: don't show them the money

Questions on page 21

Answers

- 1. Leon Spinks
- 2. Lenny Dykstra
- 3. Johnny Unitas
- 4. Rollie Fingers
- 5. Evander Holyfield
- 6. Vince Young
- 7. Mike Tyson
- 8. Diego Maradona
- 9. John Daly
- 10. Dorothy Hamill
- 11. Sheryl Swoopes
- 12. O.J. Simpson
- 13. Mark Brunell
- 14. Boris Becker
- 15. Curt Schilling
- 16. Daniel Norris
- 17. Kirk Cousins
- 18. Ryan Kerrigan
- 19. Ryan Boyles
- 20. Glover Quin

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# Naval Cadet brings silver medal home from once-in-a-lifetime hockey trip

Continued from page 21

“In the finals we were more prepared and we altered our game plan. We learned how to play with them, pressure them, and we could tell they were sweating. There were more than 2,000 people at the arena, all cheering for Russia, and that was great motivation for us,” NCdt Labrie said.

She described the tournament as a very positive overall experience, allowing her to raise her hockey game, meet national and international peers, and experience the hospitality of the host country and all the staff and volunteers who helped run the event.

“Everybody was great to us and I was very proud to be wearing the Maple Leaf,” she added.

NCdt Labrie is currently finishing up her final university semester and expects to begin Naval Engineering courses following her posting, following in the footsteps of her parents, both RCN veterans. She also has her eyes on CAF hockey, and said she plans to become a factor on either the Halifax Mariners or Esquimalt Tritons hockey team.

“I love hockey and if I can keep playing and stay active in sports during my career, that will be a huge advantage for me.”



NCdt Cassandra Labrie is seen on the ice in her Team Canada gear at the 2019 Winter Universiade, which took place from March 2-12 in Krasnoyarsk, Russia.

SUBMITTED



NAME        **MILLER, "DUSTY" //**

ENROL DATE        **1965 //**

RETIRED AS        **VICE ADMIRAL //**

DEPLOYMENTS        **COS A/DEPUTY SUPREME ALLIED  
COMMANDER ATLANTIC (NATO) //**

COMMANDS        **OP FRICTION (GULF & KUWAIT) - 1990-1991  
CF MARITIME WARFARE CENTRE - 1987-1990  
1ST CANADIAN DESTROYER SQUADRON - 1990-1991  
CANADIAN DEFENCE LIAISON STAFF (LONDON) - 1995-1997  
MARITIME FORCES ATLANTIC - 1997-2000 //**

LOCATION        **NATIONAL //**

TITLE        **NATIONAL BOARD CHAIR (VOLUNTEER) //**

SERVICE        **2004-PRESENT //**

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